

PORTSMOUTH ATHLETIC CLUB SCHEDULE

GROUP FITNESS + TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	SPIN CHRISTINE	BODY PUMP KRISTEN	RPM JAY	BODY PUMP NANCY	SPIN CHRISTINE
6:00AM		IGNITE JEFF	BOOT CAMP MEG	IGNITE JEFF	CO/MO CHRIS
7:00AM	BURN45 MEG				
8:00AM	AMP'D45 MEG	BODY COMBAT JOC + MEG		RPM LEE	BOOT CAMP MEG
8:00AM	REB3L GROOVE JESS		YOGA KATIE 8:15AM START	GLUTE CAMP MEG	
8:45AM	AMP'D MEG	CO/MO ASHLEY 8:30AM START			PILATES DEB
9:00AM	RPM LYNN S.	STEP45 ASHLEY	SPIN TRAPPER	BARRE LYNN M.	BODY PUMP LYNN M.
9:00AM	BARRE LYNN M.	BURN45 MEG	HIIT KELLY	CO/MO MEG	RIDE/ STRENGTH ANGIE STARTING 10/31
12:15PM			BODY PUMP MEGAN		
4:30PM	BODY COMBAT CHRIS+ELIZ +MEG				YOGA LYNN M.
5:30PM	PILATES DEB	RPM JP		RPM KRISTEN	
5:30PM	BODY PUMP MEGAN	BARRE MACKENZIE	BODY COMBAT ERICA+KRISTEN	REB3L GROOVE JESS	
5:30PM		HIIT KELLY			
5:45PM	AMP'D45 MEG				

SCHEDULE BEGINS
OCT. 18 2025

SATURDAY	SUNDAY
8:00AM BODY COMBAT TEAM TEACH	8:45AM RPM TEAM TEACH
8:00AM HIIT KELLY	9:30AM YOGA LYNN M.
8:15AM RPM ANGELA	
9:15AM BODY PUMP LEE+CHRIS	



95 BREWERY LANE
PORTSMOUTH, NH
603-431-1430
PACWESTEND.COM

GROUP EX ROOM	TURF AREA
SPIN ROOM	PILATES ROOM

CLUB HOURS:
M-TH 5:30AM-8PM
F 5:30AM-7PM
SAT. 7AM-5PM
SUN 7AM-1PM